



January 2014

BALANCE

Official Newsletter

U.S. NAVAL HOSPITAL YOKOSUKA
HERE TO SERVE WITH CARE

HEALTH PROMOTION

Mission

Promote quality health education and wellness services for military personnel, family members, civilian and other eligible beneficiaries in the Yokosuka Naval Community.

Vision

"Fit today for tomorrow's challenges"

Important Dates

- ◆ 8th January: Mandatory ShipShape facilitator meeting
- ◆ 15th January: 8-week ShipShape course begins, register today!

Contact Us

USNH Health Promotion
Fleet Recreation Center, Room 323
Monday to Friday 0800-1600
HP@med.navy.mil or DSN 243-9776 / 046-816-9776

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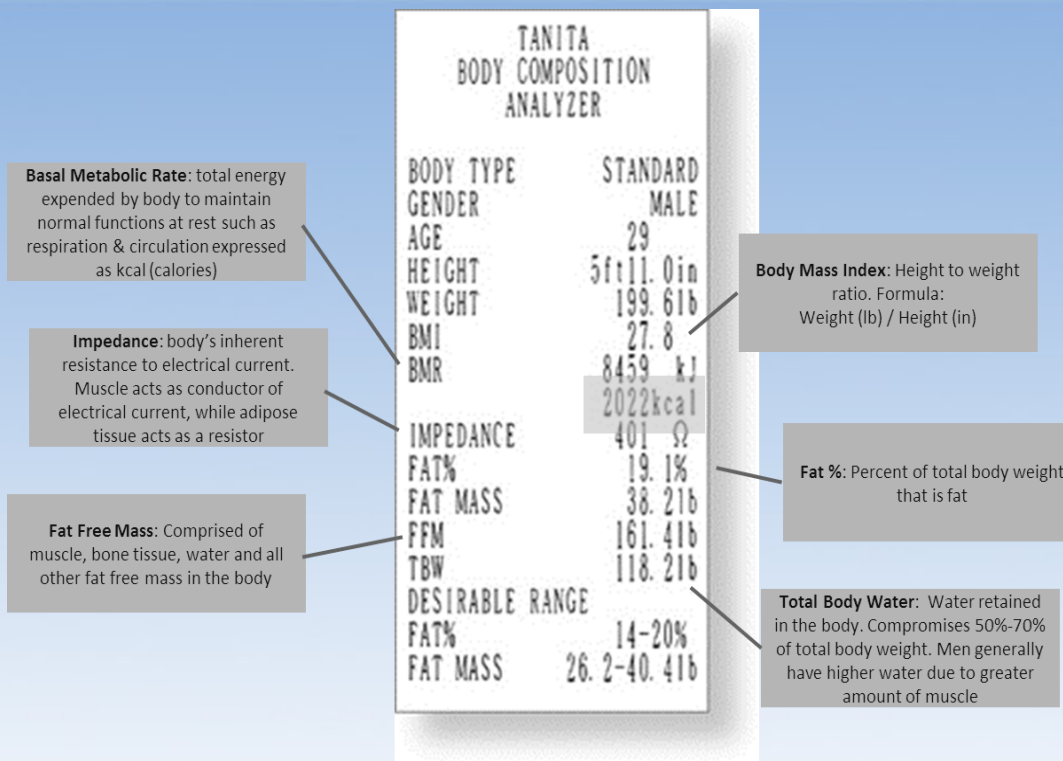
Welcome to the new U.S. Naval Hospital Yokosuka Health Promotion newsletter. As we enter 2014, many of us have made New Year's Resolutions; some may include being a better Sailor, spouse, parent and friend. Unfortunately, without a plan, many of these well intended ideas become lost and forgotten over time. USNH Yokosuka's Health Promotion team is designed to help us overcome some of life's hurdles to enhance achieving these goals, particularly as they pertain to weight management, healthy eating and exercise. A unique attribute of our service is that we are mostly comprised of a young and healthy population, however, as we age, some of our physical abilities diminish without caring for our nutritional and exercise needs. The combination of a healthy lifestyle also aides in improving relationships while caring for our mental and emotional needs. The Department of Navy's ShipShape program supports healthy body composition through an 8-week program which emphasizes a healthy and permanent approach to weight loss. Other programs include smoking cessation and nutrition education to enhance your lifestyle and reduce chronic health issues related to diabetes, heart failure, joint pain and fatigue. We encourage you to visit our team, please consider giving back to yourself this year as you give so generously in your service to our Navy as active duty service members as well as civilian service, and navy family members. A life plan to manage your health and reduce stress will foster healthier relationships and make each of us a better Sailor, spouse, parent and friend.

CDR Paul S. Schiermeier
Director for Public Health, U.S. Naval Hospital Yokosuka
Medical Service Corps, United States Navy





Healthy Weight: Nutrition in the New Year!



USNH Yokosuka Health Promotion office offers the Tanita Body Composition consultation as a component of our Health Fitness Assessment (HFA) services.

U.S. Naval Hospital Yokosuka Health Promotion

Eat smaller portions. Eating healthy food is important. But you also need to pay attention to how much food you eat. Try putting a small amount of food in a small bowl or plate instead of eating out of a package or container. Read nutrition labels to find out the serving size and how many servings are in a package. There may be more than one!

Keep a food diary. If you start recording everything you eat and drink on a daily basis, you will become much more aware of exactly what, when and why you eat. You can identify patterns and therefore implement changes to help you make healthier food choices.

Prepping to eat well: Tools and techniques for healthy eating

By: Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center

Food is fuel for the body and to perform at your peak, you have to eat healthy and live a healthy lifestyle. It's important to maintain a healthy body weight and body fat percentage, and consume the recommended nutrients from food. Eating healthy can help reduce the risk for heart disease, high blood pressure, diabetes, osteoporosis and several types of cancer, as well as help to maintain a healthy body weight. How do you get started? Making small changes in your eating habits can make a big difference towards launching a healthier life style. Here are some tips and tools to get you started.

Start slow and make changes to your eating habits over time. It is not realistic to try to make drastic changes to your diet overnight. Changing everything at once usually leads to slipping and eventually giving up. Make small steps like switching from butter to olive oil when cooking or try choosing fat-free or low-fat versions of your favorite foods. As your small changes become habit, you can continue to add more healthy choices to your diet.

Shop smart at the grocery store. Make a shopping list, ideally with a variety of fruits and vegetables, whole grains, lean protein, and low fat dairy products. Eat a healthy snack at home before you go to the store, that way you will stick to your shopping list and be less likely to make impulsive purchases based upon cravings.



Healthy Weight: Fitness in the New Year!

Can you feel the burn? How moderate activity contributes to your fitness

By: Dawn Whiting, Public Health Educator and a National Academy of Sports Medicine Certified Personal Trainer

As the impact of nutrition and physical fitness on overall health becomes more well-known, people are becoming increasingly aware of their caloric balance – how many calories are consumed compared to how many calories are burned. People with a goal of weight loss strive to achieve a negative caloric balance. Individuals aiming to improve physical performance may focus on a positive caloric balance to ensure they adequately replace calories lost during exercise and properly fuel for their next workout. Regardless of your goals, understanding how calories are burned is a crucial step in achieving your desired caloric balance. Increasing the amount of moderate activity throughout your day is one simple way to burn additional calories.

How do we burn more calories?

Any form of physical activity causes activity-induced energy expenditure. Each week, it is recommended that individuals engage in a minimum of 250 minutes of moderate physical activity per week for weight loss, and 150 minutes in order to maintain a healthy weight, improve mood, and decrease the risk of chronic illnesses such as cancer, cardiovascular disease and diabetes. Many people rely on exercise, or the conscientious act of putting forth physical effort, for their physical activity, however, exercise is only one way to be physically active. It is important to consider all types of physical activity, including routine, daily activities. When doing so, you will discover lots of new ways to burn a few extra calories throughout your day. For example:

Take the stairs instead of the elevator, Park in the furthest spot from the entrance when you are running errands, or Consider walking or biking if you are traveling for less than one mile.

Research has shown that prolonged sitting can contribute to weight gain which in turn may increase your risk of chronic diseases such as, cardiovascular disease, diabetes and cancer. The good news is that regular breaks from prolonged sitting have the potential to reduce body mass index, waist circumference and triglyceride levels, alleviating some of these health risks. Some ways to reduce the amount of time spent sitting include: March in place during commercial breaks when watching television, or see how many push-ups you can do before your show comes back on; Set an alert on your calendar or phone to remind you to get up, stretch and walk around every two hours; Perform chair exercises to burn calories while you are at work or at your computer, [checkout this article for office moves to help you feel the burn](#).

Another way to increase your calories burned is to add resistance training to your workout regimen. This can be accomplished in a variety of ways, including exercise using weight machines, free weights, resistance bands or your own body weight. While both endurance training and resistance training decrease total fat mass, resistance exercise training (also known as strength training) has been shown to also increase fat-free mass, which includes lean muscle. Increases in fat-free mass also lead to higher RMR, which means you burn more calories after your workout is complete by simply going about your daily activities.



YOU MOVE. WE GUIDE.

Resources to help get you moving

Engaging in moderate to intense activity helps you look good, feel good and perform at your best. Achieving the recommended 150 minutes of moderate activity per week may seem overwhelming, until you consider all of the different ways you can get moving. To learn about more ways to be active, including the Navy Operational Fitness and Fueling System (NOFFS) designed to “eliminate the guesswork” from exercise programming, visit the Navy and Marine Corps Public Health Center Active Living website at <http://www.med.navy.mil/sites/nmcphc/health-promotion/active-living/Pages/active-living.aspx>.



Dietary Supplement Guidance

How safe are Dietary Supplements?



USNH Yokosuka health care provider reviews a patient's health record. Always discuss any dietary supplements you are taking with your health care provider.
U.S. Naval Hospital Yokosuka Public Affairs

By: Health Promotion and Wellness Department for the Navy and Marine Corps Public Health Center

Dietary supplements are products (other than tobacco) intended to supplement the diet that contains one or more of the following dietary ingredients: a vitamin, mineral, amino acid, herb or other botanical; or a dietary substance for use to supplement the diet by increasing the total dietary intake; or a concentrate, metabolite, constituent, extract, or combination of any ingredient described above; and intended for ingestion in the form of a capsule, powder, soft gel, or gel cap, and not represented as a conventional food or as a sole item of a meal or the diet.

People often take such dietary supplements to lose weight, build muscle and improve performance, increase energy and 'improve' health.

However, safety is a major concern since the Food and Drug Administration does not consider standards of practice and manufacturers can put unproven claims on packaging. A study of laboratory tests for 27 types of multivitamins demonstrated the worrisome fact that many packages of dietary supplements on store shelves don't contain what their labels say. The tests,

conducted by Consumer Labs, a research and publishing firm that performs independent testing of supplements for the industry and consumers, assigned 9 of the 27 products with a failing grade. This means they failed either to contain the labeled ingredients in the amounts described or failed related tests of disintegration and purity.

Despite this, purchases of dietary supplements have increased greatly due to marketing and advertising by supplement manufacturers who use consumer dollars for increased awareness and purchasing power rather than product research and good manufacturing practices. Over 1,000 new dietary supplements are added annually to the already 29,000 available.

Most recently, a number of previously healthy individuals developed acute hepatitis and sudden liver failure of unknown cause after using a dietary supplement for weight loss or muscle building.

As a consumer, you need information you can trust to help make thoughtful decisions about eating a healthful diet and using dietary supplements.

For specific information on a Dietary Supplement and supplement safety, go to the Human Performance Resource Center (HPRC):

<http://humanperformanceresourcecenter.org/>

HPRC is a DoD initiative under Force Health Protection and Readiness for the U.S. Warfighters, their families, and those in the field of Human Performance Optimization who support them. The goal is Total Force Fitness: Warfighters optimized to carry out their mission as safely and effectively as possible.

KEY MESSAGES

- *Dietary supplements are not substitutes for a healthy diet.*
- *FDA does not approve supplements for safety or effectiveness.*
- *Labels can be misleading. Dietary supplements could contain ingredients not listed on the "Supplement Facts Panel."*
- *Only supplements with third-party certification or verification have been validated for quality (examples below).*
- *Third-party certification does not guarantee a supplement is safe or effective, but ensures good manufacturing practices, purity, and quality.*





Preventive Health Screenings

An ounce of prevention...

By: LCDR Te'Shara E. Felder

You may be familiar with the saying “*an ounce of prevention is better than a pound of cure*”; ¹good nutrition and physical activity are essential elements to prevent chronic disease and obesity.

People who are obese are at increased risk for heart disease, high blood pressure, diabetes, arthritis-related disabilities, and some cancers. The prolonged illness and disability associated with many chronic diseases decreases the quality of life for millions of Americans. What's more is the substantial financial burden of chronic illness. The estimated total cost of obesity in the United States in 2000 was about \$117 billion.

Research shows that good nutrition and regular physical activity can help to lower risk for many chronic diseases. Moreover, healthy nutrition and exercise help to control weight; contributes to healthy bones, muscles, and joints; reduces falls among older adults; helps to relieve the pain of arthritis; reduces symptoms of anxiety and depression; and is associated with fewer hospitalizations, physician visits, and medications.

USNH Yokosuka offers colorectal cancer screenings, diabetes management classes, as well as other services. Talk to your health care provider about preventive health screenings you should get.

Reference:

¹*The Importance of Physical Activity and Good Nutrition*, Centers for Disease Control and Prevention, February 2008.



Hospital Corpsman 1st Class Trevor Thompson, Health Promotions Leading Petty Officer, stationed at U.S. Naval Hospital Yokosuka talks with a member of the Fleet Activities Yokosuka community about the dangers of smoking during a tobacco cessation campaign in celebration of the Great American Smokeout.

U.S. Naval Hospital Yokosuka Public Affairs



SHIPSHAPE

ShipShape: Shaping the Future For A Healthy Lifestyle

By: Mrs. Rebecca Vetrano

ShipShape is the BUMED-approved weight Management program. It is an 8-session class on empowering individuals to make permanent healthy changes about their nutrition and physical activity.

Sessions include information on healthy nutrition, exercise, psychology of weight management, making healthy choices when you grocery shop, your nutrition environment, and long-term success. Each session will also include physical component ranging from mock PRTs, calisthenics, healthy stretching, and more.

USNH Yokosuka will offer 2 class options on Wednesdays beginning **15th January**.

Class Option #1: 1100-1230 or Class Option #2: 1530-1700

~Open to all Tricare Beneficiaries~

Contact Health Promotion to sign-up today!



HN Franklin shares information with a fellow sailor about ShipShape program.
U.S. Naval Hospital Yokosuka Public Affairs



HEALTH PROMOTION SERVICES

HEALTH PROMOTION PROGRAMS AND SERVICES

8-WEEK SHIPSHAPE WEIGHT MANAGEMENT

HEALTH FITNESS ASSESSMENTS

4-SESSION TOBACCO CESSATION CLASSES

PREVENTIVE HEALTH EDUCATION / SAFETY STAND-DOWNS

Contact Health Promotion today!

Fleet Rec Center-Rm 323, 243-9776 / 046-816-9776, or HP@med.navy.mil



Meet The Staff



From left to right: (Top Row) **Paje, Jessica CIV**, *Operations Assistant*; **HM1 Thompson, Trevor, LPO**; **HM2 Duong, Vannak**, *Staff Corpsman*; **Vetrano, Rebecca CTR**, *Health Technician*.
(Bottom Row) **HN Franklin, Myka**, *Staff Corpsman*; **HN Sparks, Daniel**, *Staff Corpsman*.

The Balance newsletter is an official publication of the Health Promotion Department, U.S. Naval Hospital Yokosuka. If you have any comments or suggestions about this publication, Health Promotion events, or programs, please contact our staff at 243-9776 or HP@med.navy.mil.



Health Promotion
HP@med.navy.mil

CALENDAR



U.S. NAVAL HOSPITAL YOKOSUKA HERE TO SERVE WITH CARE HEALTH PROMOTION

JANUARY 2014 Healthy Weight: Nutrition & Fitness

U.S. Naval Hospital Yokosuka



Health Promotion
HP@med.navy.mil

SUN	MON	TUE	WED	THUR	FRI	SAT
			1 	2 HFA 0800, 0830, 0900, 0930 & 1000	3	4
5	6 HFA 0800, 0830, 0900, 0930 & 1000	7 HFA 0800, 0830, 0900, 0930 & 1000	8 SHIPSHAPE FACILITATOR MEETING 1530-1630, SETD CLASSROOM 2F TOB CESS & PREV #1 1300-1400	9 HFA 0800, 0830, 0900, 0930 & 1000	10	11
12	13 HFA 0800, 0830, 0900, 0930 & 1000	14 HFA 0800, 0830, 0900, 0930 & 1000	15 SHIPSHAPE SESS #1 1100-1230 *or* 1530-1700 TOB CESS & PREV #2 1300-1400	16 HFA 0800, 0830, 0900, 0930 & 1000	17	18
19	20 HFA 0800, 0830, 0900, 0930 & 1000	21 HFA 0800, 0830, 0900, 0930 & 1000	22 SHIPSHAPE SESS #2 1100-1230 *or* 1530-1700 TOB CESS & PREV #3 1300-1400	23 HFA 0800, 0830, 0900, 0930 & 1000	24	25
26	27 HFA 0800, 0830, 0900, 0930 & 1000	28 HFA 0800, 0830, 0900, 0930 & 1000	29 SHIPSHAPE SESS #3 1100-1230 *or* 1530-1700 TOB CESS & PREV #4 1300-1400	30 HFA 0800, 0830, 0900, 0930 & 1000	31	

HEALTH FITNESS ASSESSMENTS (HFA)

An HFA uses Body Composition Analyzer to assess certain parameters of your body and provide you with your current state of health and fitness. You will be provided recommendations on setting realistic goals and preparing a personalized plan to meet those goals. Initial start-up appointments are available in approximately 1-hr increments Mon, Tues, Thurs 0800, 0830, 0900, 0930 & 1000, as well as Weds 1330 & 1430; follow-up weigh-in appointments are available by walk-in when office is open. Contact Health Promotion today to set up an appointment!

*HFA is mandatory for members wanting to seek the guidance of a certified personal trainer.

USNH HEALTH PROMOTION
Fleet Rec Center, Rm 323
243-9776 / 046-816-9776 / HP@med.navy.mil

TOBACCO CESSATION & PREVENTION:

This course consists of 4 class sessions where public health strategies and evidence based medicine are used to address nicotine addiction. The goals of this program are: reduce initiation of tobacco use, increase tobacco cessation, and reduce environmental tobacco smoke. Contact Health Promotion to schedule your spot in the course today!